

CNRMA

COMMANDER NAVY REGION MID-ATLANTIC



Serving the
Mid-Atlantic Region
Navy Community

Safety Office

Naval Amphibious Base
Little Creek



SAFETY ADVISOR August 2006

The Navy Region, Mid-Atlantic Public Safety, Little Creek Safety Office publishes the Safety Advisor and widest dissemination within your organization is encouraged. Please post on official bulletin boards and route to your staff.

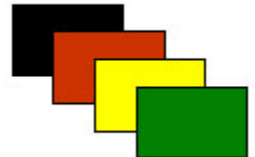
OPERATION SUMMER FORCE PRESERVATION 2006

24/7

We continue our support of 24/7 Operation Summer Force Preservation as we wind down towards fall!

Special Reminder

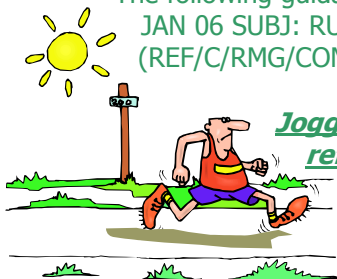
*With all outdoor activities during our hottest summer months the most important thing you can do for yourself is to **HYDRATE, HYDRATE and HYDRATE!!!** Pay close attention to the posted "Heat Stress" flags and plan your outdoor activities and physical readiness training (PRT) accordingly. For additional information on Heat Stress please visit our website www.nablc.navy.mil/safety and view or download the presentation on "Heat Stress".*



Joggers & Bicyclists Safety Requirements

In January 2006 the following message was reissued concerning Jogger and Bicycle Safety Requirements. Please review and remind personnel to make sure they can be seen when conducting PT during early morning and evening hours. The base has undergone several changes in traffic patterns with the opening of the new gate 3 and the changes in the traffic patterns on Amphibious Drive around Helicopter Road and in the vicinity of Boone Clinic. It's great to be healthy and physically fit; but if you are not visible to motorists, you may find yourself working out in rehab or physical therapy.

The following guidance for joggers and bicyclists was promulgated by NAVPHIBASE LITTLE CREEK VA MSG 121922Z JAN 06 SUBJ: RUNNING, JOGGING, AND BICYCLE RIDING ONBOARD NAVPHIBASE LITTLE CREEK. (REF/C/RMG/COMNAVREGMIDLANT/131314ZJAN2005//)



Joggers, fitness walkers and bicyclists are required to wear high visibility belts or reflective vests on all Navy Region, Mid-Atlantic Installations during times of darkness or reduced visibility. For the purpose of this message darkness is defined as the period of time from sunset to sunrise.

Two-inch hi-visibility reflective belts are available for purchase at Navy Exchanges and local retailers throughout the region. Additionally, reflective belts are available for checkout at all MWR Fitness

aware. 24/7

Facilities. Fleet units and tenant commands who routinely engage in physical training (PT) during early morning hours or other times of reduced visibility are encouraged to purchase hi-visibility belts or reflective vests for community use.

Hi-visibility belts or reflective vests are not required for organized sports on established playing fields or on Sulinski Field track. While not required on excluded fields outlined above, belts or vests must be worn while on all other jogging surfaces, to include designated jogging trails, because of proximity to roadways and transit to and from designated trails. Belts or vests must be worn outside of any garments and remain visible at all times during hours of darkness or reduced visibility.



Additional Tips for Bicyclists & Joggers



- ✓ Do not wear portable headphones, earphones or other listening devices while operating a motor vehicle or while jogging, walking, bicycling or skating on roads and streets on naval installations. Use of these devices on designated bicycle and running paths and sidewalks is permitted.
- ✓ Bicyclists shall comply with state law and local requirements while riding on naval installations. Safety equipment will include lights, reflectors, and horn. Bicyclists shall wear light colored clothing. At night or in periods of reduced visibility, reflective clothing will be worn.

- ✓ Everyone who rides a bicycle on a naval installation shall properly wear an approved (e.g., Consumer Product Safety Commission (CPSC), American National Standards Institute (ANSI) or Snell Memorial Foundation) bicycle helmet. Workers riding bicycles in areas that require the use of ANSI-approved helmets (hard hats) for protection from falling and flying objects are allowed to use those helmets if properly fastened under the chin. In unique operations or training situations, Commanders using risk management procedures may determine exceptions to the helmet guidance.



Running/Jogging in Formation

- Keep formations to two abreast along roadways, staying out of the roadway
- Road guards for formation joggers shall wear reflective vests for better visibility
- When jogging on sidewalks, jog in single file so that pedestrian traffic is not obstructed
- Keep formations together; road guards should not hold traffic to allow every straggler to get across the road; keep delays reasonable
 - If you cannot keep formation, then run in single file
 - Large formation running/jogging; Commands desiring to conduct training with large formations need to coordinate their runs through the NAVPHIBASE Little Creek Staff Plans and Training Dept (N7) at 462-4410
 - Large formations are not to run along major roads such as Amphibious Drive or Gator Blvd.
- Motor vehicles nearing formation joggers shall approach at a speed of no more than 10 mph when within 50 yards of the formation
- Motor vehicles shall not pass formation runners/joggers unless directed to do so by road guards and shall then proceed at no more than 10 mph until 50 yards past the formation



Grilling and Cooking Out

Here's how to make sure that starting a fire or getting burned isn't on the menu.

- Keep your grill at least three feet away from your house, porch, shed, trees or bushes.
- Never use gasoline to try to start or restart charcoal. Gasoline is incredibly explosive and dangerous
- Store gas cylinders outside and keep them away from buildings.
- Keep children away from the grill both while you are cooking, and after you finish while the grill is still hot and when hot coals remain.
- Don't leave lit grills unattended.

If you are grilling with propane there are additional risks and hazards.

- Don't store or use propane cylinders larger than one pound inside your home.
- Learn what propane smells like so that you can recognize a leak. Many retailers offer pamphlets with a scratch-and-sniff spot. If you use a lot of propane, you can also buy a leak detector.
- For propane stoves, make sure the burner flames are blue. If they are yellow, have the stove serviced because air inlets or burners may be clogged or out of adjustment.



Aggressive Drivers...Avoiding Road Rage

You know aggressive drivers who weave in and out of traffic, drive too fast on crowded highways, tailgate, scream at you or use obscene gestures. They are a new kind of road hazard.

Let's face it... at one time or another; everyone has been angry while driving. In today's hectic, fast-paced world, it's easy to become frustrated, and increasingly people express their anger when driving. Avoid the consequences of road rage by following these tips.

Did You Know?

- The most obvious form of road rage is aggressive and excessive speeding
- Speeding reduces the time drivers have to avoid a crash or a dangerous situation & increases the likelihood of a severe crash
- The energy released in a collision at 60 mph is 200 percent greater than at 40 mph, even though the speed has increased by only 50 percent.

Control Yourself

- Anticipate situations and make plans accordingly. Check traffic reports for traffic congestion. Learn alternate routes or leave for work earlier.
- On long trips don't drive for more than three hours without a break.
- Cooperate & don't compete on the road. Let other drivers merge into traffic
- Don't take another's actions personally. Everybody makes mistakes.

Avoid a Driving Assault

- Don't react to another driver's uncivil behavior--avoid eye contact and don't tailgate, accelerate, brake or swerve suddenly, which can be seen as confrontational.
- If confronted by an aggressive driver, go to the nearest police station if you continue to be hassled or think you are being followed.
- Lock your doors.
- When stopped in traffic, leave enough space to pull out from behind the car you are following.



Distracted Driving

Distractions Are Everywhere - Driving is a serious responsibility that demands and deserves your full attention. Driver distractions may occur anytime, anywhere.

- A distraction is anything that takes your attention away from driving,

Distractions contribute to one out of four accidents. That is 4,300 accidents every day, resulting in one-and-a-half million accidents a year!

Driving Distractions Study - A California Highway Patrol study found that the leading factors causing distracted driving accidents are:

- cell phone use
 - Cell phone use represents the greatest factor in causing distractions while driving.
- attending to children
- eating

"Dial D" for Disaster - While it's hard to imagine life without a cell phone, **you increase the risk of having an accident by 400 percent every time you use your cell phone when driving.** Remember: Driving safely is always more important than using or answering your cell phone.



Are You Eating a Crash Diet? Eating while you are driving is not only messy, but dangerous.

Are You Being Driven to Distraction?

- Turning Dials Can Turn Your Head – what ever direction you look-in is usually where your vehicle goes
 - "Dialing in" your destination on a navigation system, searching for your favorite tune on the radio, or adjusting the vehicle's climate control can be hazardous. These activities make you six times more likely to be involved in an accident!
- Taking your eyes off the road for two seconds at 60 mph means you have traveled blindly for half the length of a football field.

Looks can kill...The urge to get a good look at an accident, a vehicle pulled over by law enforcement—is just human nature. The best advice: Don't look! Those things are never more important than focusing on your driving. Diverting your concentration from driving can be deadly. "Rubbernecking" usually leads to another accident in the same area!

Distractions and Young Drivers - In the U.S., vehicle crashes are the number one killer of teenagers. Driver distractions, risk taking, and inexperience contribute to more than 5,000 teenage deaths each year. Talking with other teenage passengers or friends in another vehicle, cruising, wearing headphones or earplugs (illegal in California and most states), or playing music too loudly, can be deadly when combined with driving. Keep focused on driving safely and staying alive.

Undistracted Driving - *Stay focused. Pay attention. Expect the unexpected*

Reminder: *A vehicle is like a loaded gun, it can be a deadly weapon.*

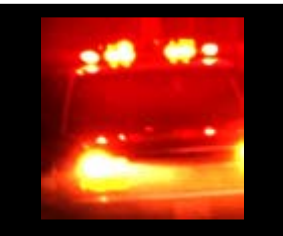
Traffic Safety Statistics

Traffic Death Update

On July 23, a CTTSN from USS *Tarawa* died from injuries suffered in a motorcycle wreck on the previous afternoon.

[PMV Stats](#) | [PMV Narratives](#)

Navy and Marine Corps PMV Deaths – FY06 to date = 111 (as of 07/31/06)



Coming attractions

*...in the next issue of the Safety Advisor
Wrapping up the "The Critical Days of Summer"
Labor Day is the 4th of September....think safety for the last big weekend of summer
Back to School Safety Awareness...*

August Meetings

08/15/06 – 1300 – DUI Prevention Meeting – Marine Reserve Center Auditorium

*08/24/06 – 0930-1030 – Quarterly Traffic Safety Council Meeting – Bldg 3535, Base Chapel (Command
Safety Representatives are encourage to attend.)*

Random Thoughts...

A duck's quack doesn't echo...no one knows why..

Enabled

Need an ergonomic chair? How about a magnified computer screen, footrest or sound amplifier for your telephone? For federal employees in a host of government agencies, support like this is just one form away.



**Computer/Electronic
Accommodations
Program**

The Computer/Electronic Accommodations Program was created within the Defense Department in 1990 to leverage technology to help disabled employees perform their duties. It now partners with 64 federal agencies to provide such assistance.

The program's \$5 million annual budget is used to dramatically help people. For example, a soldier who lost his hands and vision in Iraq who was given prosthetics and a CAP-provided talking computer at the Brook Army Medical Center in San Antonio, Texas.

But the program is available for people with everyday impairments too; so far, 50,000 requests for help -- such as for ergonomic chairs or specialized computer monitors -- have been completed.

Most of the fixes cost \$500 or less. Cohen said her biggest challenge is spreading the word about CAP.

To get started, employees should complete a needs assessment form on the program's [Web site](#) and then submit a request to CAP for the device best suited to help them. CAP takes care of the rest. "We buy it, we pay for it, we get it to the users; it's just that simple," Cohen said.

The ease of the program helps with recruiting disabled people into federal service because the fears of managers who might be wary about the hassle of overcoming disabilities, even from a budgetary standpoint, are put to rest. For that reason, the Equal Employment Opportunity Commission granted CAP a Freedom to Compete award in June. It was the only federal program to receive the honor, designed to recognize employers that showcase business initiatives promoting inclusion in the workplace. (Excerpted from 27 July 06 issue of govexec.com article by Karen Rutzick)

"The Deficiency Corner"

If you have this problem... let's do something about it!!



Problem: (1) Improperly stored gasoline containers behind a washer/dryer
(2) Improper gas container
Violation: (1) OPNAVINST 5100.23G, Chap 7
(2) 29 CFR 1910.106(a)(29) (Safety can must have spring loaded lid)
Solution: Store gas in approved containers and in a "Flammable Locker" away from heat sources



Problem: Electrical Outlet pulled loose from wall
Violation: 29 CFR 1910.303(b)(1)(ii)
Solution: Replace loose electrical equipment

Safety Funnies

Can I quote you on that....?

"As of tomorrow, employees will only be able to access the building using individual security cards. Pictures will be taken next Wednesday and employees will receive their cards in two weeks."

"What I need is an exact list of specific unknown problems we might encounter."

Quote from the Boss: "Teamwork is a lot of people doing what I say."

alert. aware. able.
24/7
[OPERATION SUMMER FORCE PRESERVATION]

Scheduled Safety Training

Motorcycle Safety - Basic Rider Course (BRC):

- 14-15 August 2006
- 28-29 August 2006
- 11-12 September 2006
- 25-26 September 2006
- 02-03 October 2006
- 16-17 October 2006
- 13-14 November 2006
- 11-12 December 2006

- o For online registration & procedures, visit our website at:
<http://www.nablc.navy.mil/safety/motorcycletrainingcourse.htm>
- o Classes are generally conducted at 0700 at Bldg 3535 Base Chapel. Participants are to meet in the parking lot at the corner of 5th St. and D St (Lot is located between the Base Chapel and the NEX Furniture Store) See website for map!
- o Questions can be directed to Kymm Beaver 462-2199 or LoJean Way 462-2197

Motorcycle Safety – Experienced Rider Course (ERC)

New Course

o **24 August 2006**

This is a one day course and will begin at 0730. To enroll in the Experienced Rider Course, you must provide a copy of your BRC card to show you have completed the MSF Basic Rider Course. (Copy of card may be faxed to our office at 757-462-2566.) *(If you are registering for the new Experienced Rider Course, please indicate ERC in the comments section.)*

Driver Awareness Safety Training (DAST)

This is a one day (4 hour) class in traffic safety to establish & reinforce safe driving habits. This course meets the "Military Personnel under 26 years of age" traffic safety training requirement. Class dates will be determined based on interest in the class and personnel requesting registration.

AAA Driver Improvement Program (DIP):

- ✓ 09 August
- ✓ 30 August
- ✓ 13 September
- ✓ 27 September
- ✓ 11 October
- ✓ 25 October
- ✓ 08 November
- ✓ 29 November
- ✓ 13 December

- ▷ For registration please visit our web site at: <http://www.nablc.navy.mil/safety/dip.htm>
- ▷ Classes are generally conducted at 0730 on the 2nd & last Wednesday of the month at Bldg 1602, Rm 112 E (Location changes will be announced next to dates above) of each month or as requested.
- ▷ Questions can be directed to Kymm Beaver 462-2199 or LoJean Way 462-2197

- ▷ Per OPNAVINST 5100.12G Navy Traffic Safety Program Instruction requires DIP classes for: All Navy military & DON civilian personnel operating government motor vehicles (GMV). Personnel are required to take the DIP Class if they are required to operate a GMV by job description, PD, a requirement of the specific job, etc. It does not include personnel who operate GMVs such as the CO/XO, person using a GMV to go on travel, etc.
- ▷ All Navy military & DON civilian personnel involved in a crash while driving a GMV (whether on or off government property)
- ▷ All Navy military personnel who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.) while driving a private motor vehicle (PMV) or GMV (whether on or off government property) All DON civilian personnel in a duty status who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.), while driving a PMV or GMV (whether on or off government property) (Note- Serious violations are similar to those considered "6-point violations" by the Virginia Department of Motor Vehicles).
- ▷ Offenders, military or civilian, shall successfully complete the American Automobile Association's Driver Improvement Program (AAA DIP) conducted by a COMNAVSAFECEN-approved instructor or other COMNAVSAFECEN approved training or lose installation driving privileges

Thanks to everyone who contributed to this month's Safety Advisor

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